

**Provisional Race Summary**
**All Competitors**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:30:38	HALL, Neilson	NORTH HERTS ROAD RUNNERS	Senior Men	1	1
2	0:33:31	HARRISON, Steve	FVS TRI	Vet Men 40-49	1023	2
3	0:34:01	BLAKE, Edward	ST ALBANS STRIDERS	Senior Men	223	3
4	0:35:13	McKEOWN, Steve	NORTH HERTS ROAD RUNNERS	Vet Men 40-49	1009	4
5	0:35:34	MICHAEL, Costa	BARNET AND DISTRICT AC	Vet Men 40-49	564	5
6	0:35:44	BATE, Richard	FAIRLANDS VALLEY SPARTANS	Senior Men	679	6
7	0:35:53	SEARLE, Adam	STEVENAGE AND NORTH HERTS AC	Senior Men	246	7
8	0:35:56	JACKSON, Simon	FAIRLANDS VALLEY SPARTANS	Senior Men	704	8
9	0:35:58	BERESFORD, Nick	NORTH HERTS ROAD RUNNERS	Senior Men	1008	9
10	0:36:04	ATKINS, James	NORTH HERTS ROAD RUNNERS	Senior Men	1007	10
11	0:36:13	McLELLAN, Keith	GARDEN CITY RUNNERS	Vet Men 50-59	1142	11
12	0:36:14	NEWSTEAD, Rebecca	BEDFORD AND COUNTY	Senior Ladies	476	12
13	0:36:17	SCROWTHER, Peter	NORTH HERTS ROAD RUNNERS	Vet Men 40-49	1006	13
14	0:36:23	FOY, James	FVS TRI	Senior Men	982	14
15	0:36:25	PIDCOCK, Laurence	GARDEN CITY RUNNERS	Senior Men	585	15
16	0:36:26	STIMPSON, Sarah	FVS TRI	Senior Ladies	1013	16
17	0:36:30	BELL, Simon	FAIRLANDS VALLEY SPARTANS	Vet Men 40-49	1174	17
18	0:36:31	HALL, Simon	FVS TRI	Vet Men 40-49	1016	18
19	0:36:37	SIBBETT, Peter	NORTH HERTS ROAD RUNNERS	Vet Men 40-49	1001	19
20	0:36:41	STAPLETON, Michael	BARNET AND DISTRICT AC	Vet Men 50-59	320	20

**Senior Men**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:30:38	HALL, Neilson	NORTH HERTS ROAD RUNNERS	Senior Men	1	1
2	0:34:01	BLAKE, Edward	ST ALBANS STRIDERS	Senior Men	223	3
3	0:35:44	BATE, Richard	FAIRLANDS VALLEY SPARTANS	Senior Men	679	6
4	0:35:53	SEARLE, Adam	STEVENAGE AND NORTH HERTS AC	Senior Men	246	7
5	0:35:56	JACKSON, Simon	FAIRLANDS VALLEY SPARTANS	Senior Men	704	8
6	0:35:58	BERESFORD, Nick	NORTH HERTS ROAD RUNNERS	Senior Men	1008	9

**Vet Men 40-49**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:33:31	HARRISON, Steve	FVS TRI	Vet Men 40-49	1023	2
2	0:35:13	McKEOWN, Steve	NORTH HERTS ROAD RUNNERS	Vet Men 40-49	1009	4
3	0:35:34	MICHAEL, Costa	BARNET AND DISTRICT AC	Vet Men 40-49	564	5
4	0:36:17	SCROWTHER, Peter	NORTH HERTS ROAD RUNNERS	Vet Men 40-49	1006	13
5	0:36:30	BELL, Simon	FAIRLANDS VALLEY SPARTANS	Vet Men 40-49	1174	17
6	0:36:31	HALL, Simon	FVS TRI	Vet Men 40-49	1016	18

**Vet Men 50-59**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:36:13	McLELLAN, Keith	GARDEN CITY RUNNERS	Vet Men 50-59	1142	11
2	0:36:41	STAPLETON, Michael	BARNET AND DISTRICT AC	Vet Men 50-59	320	20
3	0:37:47	LAMONT, Chris	STOPSLEY STRIDERS	Vet Men 50-59	211	37
4	0:38:06	WHITE, Brian	FVS TRI	Vet Men 50-59	966	39
5	0:38:36	RUSSELL, Mike	FVS TRI	Vet Men 50-59	1000	46
6	0:40:17	HOAR, Richard	BOX FIT TRI	Vet Men 50-59	759	79

**Provisional Race Summary****Vet Men 60-69**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:41:50	BINGHAM, Nicholas	BARNET AND DISTRICT AC	Vet Men 60-69	345	116
2	0:42:04	BLOOM, Richard	HERTS PHOENIX AC	Vet Men 60-69	337	122
3	0:44:14	LEACH, Martin	BEDFORD HARRIERS	Vet Men 60-69	447	187
4	0:45:04	SHIRLEY, John	BARNET AND DISTRICT AC	Vet Men 60-69	1058	217
5	0:45:07	BECKWITH, Norman	BEDFORD HARRIERS	Vet Men 60-69	446	220
6	0:49:12	BROOKE, Paul		Vet Men 60-69	1196	377

**Vet Men 70+**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:45:54	CASSERLEY, Tom	GARDEN CITY RUNNERS	Vet Men 70+	328	248
2	0:46:50	SURREY, Derek	SHAFTESBURY BARNET HARRIERS	Vet Men 70+	427	288
3	0:52:20	CANNON, Dennis	FAIRLANDS VALLEY SPARTANS	Vet Men 70+	683	489
4	0:52:39	BILLINGTON, William	BEDFORD HARRIERS	Vet Men 70+	300	500
5	0:56:22	COHEN, Ron	FAIRLANDS VALLEY SPARTANS	Vet Men 70+	684	667
6	1:12:49	HEYWOOD, John	WARE JOGGERS	Vet Men 70+	269	967

**Junior Men (U20)**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:38:10	EVANS, Gregory	STEVENAGE AND NORTH HERTS AC	Junior Men (U20)	1132	42
2	0:39:02	LANGLEY, Luke	STEVENAGE AND NORTH HERTS AC	Junior Men (U20)	444	56
3	0:41:20	BOTTOMLEY, James		Junior Men (U20)	303	101
4	0:42:54	MUSSETT, Andrew	FVS TRI	Junior Men (U20)	962	148
5	0:43:47	MAGNUS, Joseph		Junior Men (U20)	1131	171
6	0:45:45	SISMAN, Oliver		Junior Men (U20)	321	242

**Senior Ladies**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:36:14	NEWSTEAD, Rebecca	BEDFORD AND COUNTY	Senior Ladies	476	12
2	0:36:26	STIMPSON, Sarah	FVS TRI	Senior Ladies	1013	16
3	0:36:42	GIBBS, Rachel	NORTH HERTS ROAD RUNNERS	Senior Ladies	1003	21
4	0:37:15	HALL, Lizzy	NORTH HERTS ROAD RUNNERS	Senior Ladies	868	28
5	0:39:37	PITMAN, Natasha	NORTH HERTS ROAD RUNNERS	Senior Ladies	1005	64
6	0:40:19	ONN, Sally	ST ALBANS STRIDERS	Senior Ladies	517	83

**Vet Ladies 35-44**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:38:10	McKEOWN, Astrid	NORTH HERTS ROAD RUNNERS	Vet Ladies 35-44	2	41
2	0:39:41	LAING, Jo	FAIRLANDS VALLEY SPARTANS	Vet Ladies 35-44	911	67
3	0:39:58	FROUD, Nicola		Vet Ladies 35-44	1202	70
4	0:40:16	GROCOTT, Simon		Vet Ladies 35-44	372	78
5	0:40:21	CHAPPELL, Jane	NORTH HERTS ROAD RUNNERS	Vet Ladies 35-44	1004	84
6	0:42:01	POWELL, Rachelle		Vet Ladies 35-44	468	120

**Vet Ladies 45-54**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:43:01	MICHAEL, Pauline	BARNET AND DISTRICT AC	Vet Ladies 45-54	563	150
2	0:43:27	SHADBOLT, Veronica	GARDEN CITY RUNNERS	Vet Ladies 45-54	674	163
3	0:43:42	AVERY, Amanda	BROXBORNE RUNNERS	Vet Ladies 45-54	941	169
4	0:45:55	DUTTON, Lesley	FVS TRI	Vet Ladies 45-54	992	249
5	0:46:47	HOLLAND, Fiona	BARNET AND DISTRICT AC	Vet Ladies 45-54	1086	282
6	0:48:04	PERRY, Jackie	FVS TRI	Vet Ladies 45-54	980	331

**Provisional Race Summary****Vet Ladies 55-64**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:45:37	BARBER, Elizabeth	ST ALBANS STRIDERS	Vet Ladies 55-64	1121	238
2	0:50:50	WILSON, Barbara	FAIRLANDS VALLEY SPARTANS	Vet Ladies 55-64	892	433
3	0:53:36	WILLIAMS, Rita	WARE JOGGERS	Vet Ladies 55-64	76	545
4	0:53:47	RAMSDEN, Anne	WARE JOGGERS	Vet Ladies 55-64	169	552
5	0:53:55	HASKELL, Brenda		Vet Ladies 55-64	443	557
6	0:55:11	SHIRLEY, Maureen	BARNET AND DISTRICT AC	Vet Ladies 55-64	1059	610

**Vet Ladies 65+**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:58:43	HORNSEY, Iris	FAIRLANDS VALLEY SPARTANS	Vet Ladies 65+	731	762
2	1:15:26	CULLIN, Monica		Vet Ladies 65+	631	978

**Junior Ladies (U20)**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:39:02	MACKINNON-AUSTIN, Abigail	BEDFORD AND COUNTY	Junior Ladies (U20)	481	57
2	0:53:27	LANGLEY, Gillian		Junior Ladies (U20)	308	537
3	0:55:44	REDMAND, Ellis	NORTH HERTS ROAD RUNNERS	Junior Ladies (U20)	166	641
4	1:03:29	DOWER, Megan	CHALLENGE CENTRAL	Junior Ladies (U20)	576	873
5	1:08:50	ROBSON, Zoe		Junior Ladies (U20)	779	949
6	1:14:37	GLOVER, Lucy		Junior Ladies (U20)	326	976

**All CC Men**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:30:38	HALL, Neilson	NORTH HERTS ROAD RUNNERS	Senior Men	1	1
2	0:34:01	BLAKE, Edward	ST ALBANS STRIDERS	Senior Men	223	3
3	0:35:13	McKEOWN, Steve	NORTH HERTS ROAD RUNNERS	Vet Men 40-49	1009	4
4	0:35:34	MICHAEL, Costa	BARNET AND DISTRICT AC	Vet Men 40-49	564	5
5	0:35:44	BATE, Richard	FAIRLANDS VALLEY SPARTANS	Senior Men	679	6
6	0:35:53	SEARLE, Adam	STEVENAGE AND NORTH HERTS AC	Senior Men	246	7
7	0:35:56	JACKSON, Simon	FAIRLANDS VALLEY SPARTANS	Senior Men	704	8
8	0:35:58	BERESFORD, Nick	NORTH HERTS ROAD RUNNERS	Senior Men	1008	9
9	0:36:04	ATKINS, James	NORTH HERTS ROAD RUNNERS	Senior Men	1007	10
10	0:36:13	McLELLAN, Keith	GARDEN CITY RUNNERS	Vet Men 50-59	1142	11

**All CC Ladies**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:36:14	NEWSTEAD, Rebecca	BEDFORD AND COUNTY	Senior Ladies	476	12
2	0:36:26	STIMPSON, Sarah	FVS TRI	Senior Ladies	1013	16
3	0:36:42	GIBBS, Rachel	NORTH HERTS ROAD RUNNERS	Senior Ladies	1003	21
4	0:37:15	HALL, Lizzy	NORTH HERTS ROAD RUNNERS	Senior Ladies	868	28
5	0:38:10	McKEOWN, Astrid	NORTH HERTS ROAD RUNNERS	Vet Ladies 35-44	2	41
6	0:39:37	PITMAN, Natasha	NORTH HERTS ROAD RUNNERS	Senior Ladies	1005	64
7	0:39:41	LAING, Jo	FAIRLANDS VALLEY SPARTANS	Vet Ladies 35-44	911	67
8	0:40:19	ONN, Sally	ST ALBANS STRIDERS	Senior Ladies	517	83
9	0:40:21	CHAPPELL, Jane	NORTH HERTS ROAD RUNNERS	Vet Ladies 35-44	1004	84
10	0:40:50	WINTERS, Melissa	NORTH HERTS ROAD RUNNERS	Senior Ladies	1002	91

**Local Man**

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1	0:30:38	HALL, Neilson	NORTH HERTS ROAD RUNNERS	Senior Men	1	1
2	0:35:13	McKEOWN, Steve	NORTH HERTS ROAD RUNNERS	Vet Men 40-49	1009	4
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4	0:35:58	BERESFORD, Nick	NORTH HERTS ROAD RUNNERS	Senior Men	1008	9
5	0:36:04	ATKINS, James	NORTH HERTS ROAD RUNNERS	Senior Men	1007	10

**Provisional Race Summary****Local Lady**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
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2	0:36:42	GIBBS, Rachel	NORTH HERTS ROAD RUNNERS	Senior Ladies	1003	21
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4	0:38:10	McKEOWN, Astrid	NORTH HERTS ROAD RUNNERS	Vet Ladies 35-44	2	41
5	0:39:02	MACKINNON-AUSTIN, Abigail	BEDFORD AND COUNTY	Junior Ladies (U20)	481	57

**All Ladies**

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6	0:39:02	MACKINNON-AUSTIN, Abigail	BEDFORD AND COUNTY	Junior Ladies (U20)	481	57
7	0:39:37	PITMAN, Natasha	NORTH HERTS ROAD RUNNERS	Senior Ladies	1005	64
8	0:39:41	LAING, Jo	FAIRLANDS VALLEY SPARTANS	Vet Ladies 35-44	911	67
9	0:39:58	FROUD, Nicola		Vet Ladies 35-44	1202	70
10	0:40:16	GROCOTT, Simon		Vet Ladies 35-44	372	78

**All Men**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
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3	0:34:01	BLAKE, Edward	ST ALBANS STRIDERS	Senior Men	223	3
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